PERSONALITY THEORIES

Erich Fromm

- Fromm was heavily influenced by Karl Marx.
- Known as Dialectic Humanist.
- Essential theme- Person feels lonely and isolated because he or she has become separated from nature and from other people.
- Person attempts to 'escape from freedom' through 3 means.

1. Authoritarianism:

Masochistic submission to powerful others

Sadistic attempts to become the powerful authority.

2. Destructiveness:

Attempt to escape from powerlessness by destroying the social agents and institutions that produce a sense of helplessness and isolation.

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3. Automaton Conformity

One renounces selfhood by adopting a ''pseudo self'' based on the expectations of others.

5 Specific Needs

1. Relatedness
2. Transcendence
3. Orientation/ Reference
4. Rootedness
5. Need for identity

1) Relatedness

As human beings, we are aware of our separateness from each other, and seek to overcome it. Fromm calls this our need for relatedness, and views it as love in the broadest sense.

2)Transcendence

SHOUT
SHARE
IT

The human need to create so as to rise above passivity and attain a sense of meaning and purpose in an impermanent and seemingly random or accidental universe. Both creativity and destructiveness are considered by Fromm to be manifestations of the transcendence need.

3)Orientation/reference

The **need** to make sense of the world in which he/she lives bey constructing a frame of orientation

4)Rootedness

The **need** to establish bonds or ties with others that provide emotional security and serve to reduce the isolation

5) Need for identity

Capacity to be aware of ourself as a separate entity

Harry Stack Sullivan

- Sullivan, saw anxiety as existing only as a result of social interactions.

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Personifications:

- Through social interactions and our selective attention or inattention, we develop what Sullivan called Personifications of ourselves and others.
- These personifications are mental images that allow us to better understand ourselves and the world.
- There are three basic ways we see ourselves that Sullivan called the bad-me, the good-me and the not-me.

1. **The bad me:**

It represents those aspects of the self that are considered negative and are therefore hidden from others and possibly even the self.

2. **The good me:**

The good me is everything we like about ourselves. It represents the part of us we share with others and that we often choose to focus on because it produces no anxiety.

3. **The Not me:**

It represents all those things that are so anxiety provoking that we can not even consider them a part of us.

Doing so would definitely create anxiety which we spend our lives trying to avoid. The not-me is kept out of awareness by pushing it deep into the unconscious.

Developmental Epochs

- Another similarity between Sullivan's theory and that of Freud's is the belief that childhood experiences determine, to a large degree, the adult personality.
- Throughout the childhood, the mother plays the most significant role.
- He called the stages in his developmental theory Epochs.
- He believed that we pass through these stages in a particular order but the timing of such is dictated by our social environment.
- Personality is an energy system
- 1. Tension –potentiality for action

Two types:

a) Need : Helping & Personality development
b) Anxiety : Obstacles for our wishes

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2. Energy transformations –actions

themselves (overt/covert)

- **DYNAMISMS**
- Traits or behavioral patterns
- Related to specific zones such as mouth ,anus & genitals

1.Malevolence(Disjunctive):Feeling of living among one's enemies.

It arises when the child is rebuffed,ignored or during his/her 2-3 years of age.

2.Intimacy:Close interpersonal relationship between two or more people.

It decreases loneliness and anxiety

3.Lust:It arises in an isolated person.The person shows auto-erotic behaviors & hinders an intimate relationship with women. Thus in this case the anxiety increases & selfworth decreases.

LEVELS OF COGNITION

- Refers to the ways of perceiving ,imagining & conceiving
- Occurs in three modes:

1.Protaxic: Undifferenciated highly personal experiances ,

cannot communicate through words.

Eg : How a small child communicates

2.Parataxic: Communicates to others in a distorted fashion

3.Syntaxic: Consensually validated & symbolically communicated

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